

MORE together



ANNUAL REPORT 2018
WOODBOURNE  CENTER



DR. MICHELLE K. MURRAY

Woodbourne Center
Board Chair



ANTHONY WILSON

Woodbourne Center
Executive Director

ON A MISSION TOGETHER

Woodbourne Center is an ever-evolving organization, adapting to meet the changing needs in children and families' mental health. We have a strong history of positive impact in the Baltimore community, stemming from our roots of caring for displaced children in orphanages, group homes, and shelters.

Today, we exist to heal the past, break the cycle of harm, and change the future of children and families who struggle with trauma and mental health challenges.

More and more children are experiencing trauma that takes a toll on their physical and mental health, creating a greater need for high-level providers who are well-versed in the effects of trauma. Unfortunately, we are seeing many providers close their doors because they simply can't handle the severe mental and behavioral issues that many youth are experiencing. This is why your support is critical.

Our mission to change the course of a child's life by stabilizing families and strengthening mental health addresses these issues that often create serious health and social consequences into adulthood.

With your help, Woodbourne Center will continue to grow services to meet these ever-changing and more severe needs of youth and families.

Thanks to your support in 2018, we made impactful changes to our services to expand and provide additional resources to children and families in need of mental health care. Together, we can make a difference for children, families, and communities.

Dr. Michelle K. Murray
Woodbourne Center Board Chair

Anthony (Tony) Wilson
Woodbourne Center Executive Director

TOGETHER we built hope

Join our mission!

- Be a Foster Parent
- Volunteer
- Donate
- Host a Fundraiser
- Attend an Event
- Join our Board
- Work with Us
- Be an Advocate

WOODBOURNE CENTER SERVICES

Vocational Center

Training program for Baltimore-area youth looking to develop technical skills for a lifelong career.

Woodbourne School

Therapeutic educational services to clients and area youth who need a more specialized and intensive school program to be successful.

Treatment Foster Care

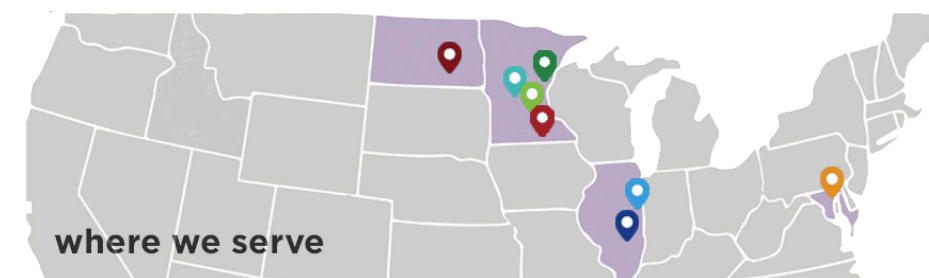
In-home care to emotionally disturbed youth through safe home environments, clinical case management, and access to mental health services.

Psychiatric Residential Treatment

Intensive 24-hour psychiatric, therapeutic, and clinical environment for young men struggling with serious emotional and behavioral problems.

A NETWORK OF CARE

Woodbourne Center is an affiliate of Nexus, a national nonprofit organization, serving children, youth, and families through accredited education programs, community-based mental health programs, foster care/adoption services, and residential treatment programs.



where we serve



TOGETHER we did more



With the help of our staff, donors, and community partners, we took the leap to expand our current mental health services, build new vocational programs, and collaborate with other agencies to provide more care options for the families who need it most.

WE EXPANDED OPPORTUNITIES FOR THOSE WHO NEED MORE!

An important aspect of our services is providing youth with tools that will help lead them to success after treatment.

In Baltimore, MD, immense community support helped Woodbourne Center open a new vocational training center in 2018. Construction began in March of 2018 under the direction of Whiting Turner with design by Marshall Craft & Associates. The 5,000-square-foot facility offers technical skills training for both Woodbourne clients and Baltimore students, including carpentry instruction, basic automotive skills, and STEM training and certification.

In October 2018, Woodbourne Center officially opened the much-anticipated Vocational Center on its campus. A host of local and state officials, as well as Nexus Executive Leadership and board members, attended the grand opening ceremony showing their support of the expansion of educational services to the Baltimore community.

Executive Director, Tony Wilson, hosted the historic event. Nexus Board Member, Paul Zimmer, spoke about the Nexus mission and its relation to workforce development.

Other noted speakers were:

- Jim Rzepkowski, Assistant Secretary of Department of Labor-Licensing and Regulation, who discussed his department's commitment to workforce development initiatives and looks forward to the future outcomes of the program.
- Rachel Brash, Youth Strategist from the Mayor's Youth Opportunity team, spoke to the need for more workforce opportunities for youth in the city and collaborating with similar agencies.
- Baltimore City Council President, Jack Young, a long-time Woodbourne advocate, praised Woodbourne for its willingness to provide necessary skills training to Baltimore's youth.
- State Senator, Dr. Mary Washington, instrumental in Woodbourne obtaining bond bill funding, applauded the action and commitment of Woodbourne to the community.
- Finally, Bill Spotts, Woodbourne board member, echoed the sentiments of the great investment in the future of Baltimore.

Thank you to each donor who made this dream possible. Because of your dedication to our mission, we can make a greater impact on our Baltimore community by shaping young lives for long-term success.

BUILDING HOPE: BOARD MEMBER SUPPORTS OTHER FAMILIES IN CRISIS

Bill Spotts serves on the Board of Directors for Woodbourne Center and the Nexus Foundation. His family shares the hardships that many face when a family member is struggling with mental health issues. Bill and his wife, Beth, have been generous financial contributors to the organization; in fact, their own experience inspired them to pledge one of the largest private gifts supporting the new vocational building that opened on the Woodbourne Center campus in 2018.

The teenage years are often difficult – for both parents and kids. But for Bill and his daughter, they were years of chaos. From the age of 13, his daughter began behaving differently and more dangerously: smoking, drinking, drugs, self-harming, expressing suicidal ideation, and more.

On several occasions, Bill and his then wife turned to their local mental health system and had their daughter hospitalized when her thoughts of suicide became severe. She was always released in a matter of days, which was never enough to get to the root of her problem. They knew she needed more intensive treatment, but admittance into a residential treatment facility was nearly impossible.

At age 15, the daughter shoplifted from a local mall and entered the juvenile justice system. It was then that she was finally connected with the long-term residential treatment she needed.

She was admitted into a residential facility for 18 months, a long time to be separated from family, but a standard stay in 1997. Family connections were limited during the first 90 days; it was an emotional time for the entire family.

The financial costs of treatment and the process of navigating the mental health system were overwhelming, but the benefits of the residential setting were clear. Bill's daughter was supported through consistent therapy and learned from interacting with other girls that she was not alone in her experiences and struggles.

The family rebuilt their trust of one another through family therapy. The on-site school helped keep the daughter on track to graduate from her local high school when she returned home. This set her on course to complete a vocational program that boosted her confidence and set the stage for gainful employment as an adult.



Fast forward 20 years: having experienced the challenges of dealing with mental health crises, Bill wanted to make a difference for other families.

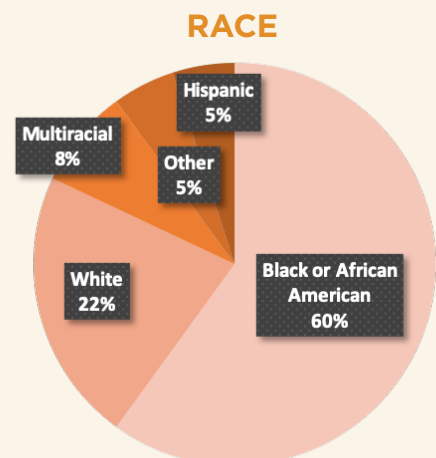
Bill and his current wife, Beth, sought out a mental health organization close to their Baltimore-area home as the facility that helped his daughter has since closed (a scenario playing out across the country, creating a critical gap in care). The leadership and board members involved with Woodbourne Center respected them as parents and business professionals. There is great energy about improving and adding programs to help youth while also finding ways to make the organization more productive.

The Spotts are excited to invest their time and resources into the success of youth supported through Woodbourne Center and Nexus while also inviting others to support this work.

"Nexus is helping youth create a path for life beyond treatment. As philanthropists, this is important to Beth and me."



CLIENT DEMOGRAPHICS



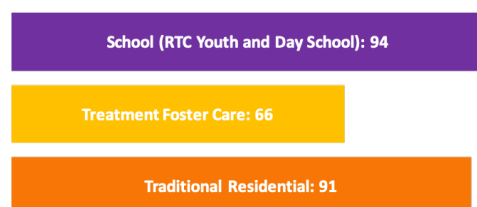
TOGETHER we made an impact

Woodbourne Center served over 150 clients through its treatment foster care and residential treatment programs. Together, through Woodbourne's national affiliate Nexus, we served over 3,500 clients last year.

Woodbourne Center helps youth and families heal painful emotions and recover from the impact of disruption. As a result:

- families get along better;
- youth improve their performance in school;
- youth have healthy social interactions; and more importantly,
- youth no longer repeat the same harmful behaviors toward others.

WOODBOURNE SERVED 156 CLIENTS IN 2018



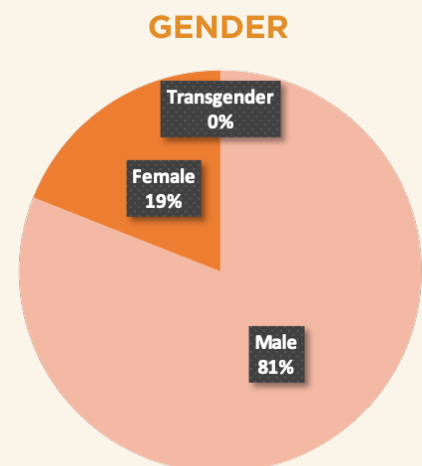
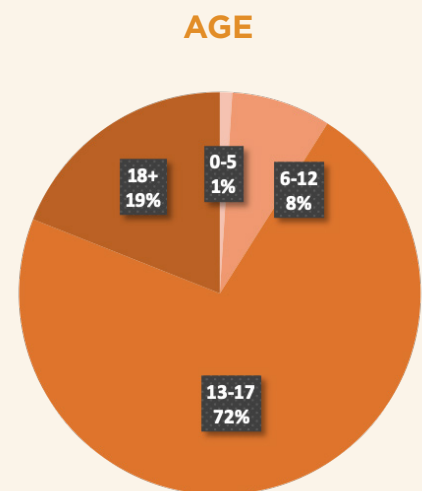
In 2018, 56% of youth entered Woodbourne care having 4 or more traumatic experiences in their past. These experiences can be anything from family disruption, abuse or neglect, to witnessing community violence, homelessness, and many other circumstances outside of their control.

Youth entered Woodbourne services having 13 high-level behavioral and emotional needs like aggression, abusive behaviors, self-harm, running away, and suicidal actions.

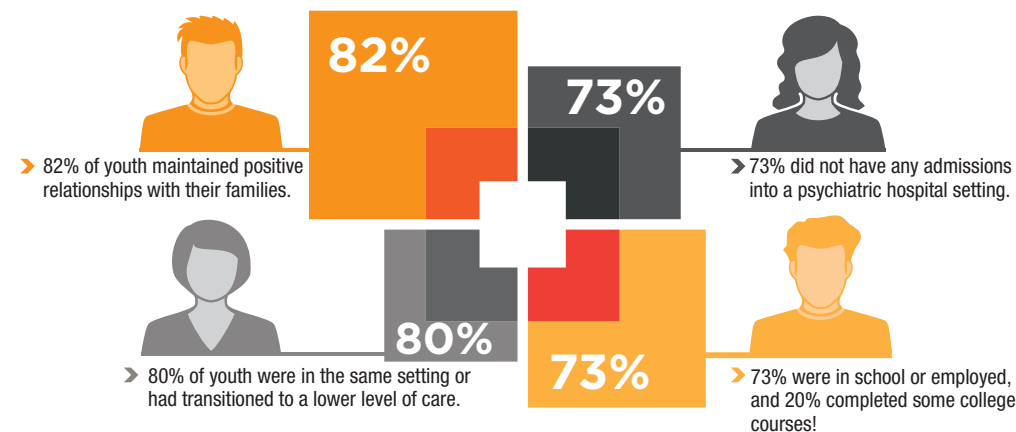
**Refers only to youth in residential treatment programs.*

Youth reduced their safety concerns to 8 needs, meaning that they are now able to:

- improve school performance;
- develop healthy interpersonal skills and self-control over their harmful behavior;
- demonstrate the ability to live with their family; and,
- engage in community activities.



AT 6-MONTH FOLLOW-UP WITH RECENTLY DISCHARGED CLIENTS:



**Refers only to youth in residential treatment programs who responded to the 6-month follow-up survey.*

COMMITTED TO CARING

Yvette Hawkins is a dedicated Woodbourne Treatment Foster Care Parent. An addiction specialist by trade, Ms. Hawkins has spent her career devoted to helping those who have fallen victim to abusive situations.

Her professional experience and her love for fostering drove her to write a book about the parenting struggles and tools needed to care for mistreated and abused women. Her book, "Encased in Ice: Pain and Plaudits of Foster Care Parenting," is a resource for Woodbourne's foster parents.

Ms. Hawkins' story is one of faith, endurance, and love of children. She has helped raise 20 children—mostly females—through treatment foster care.

"I became a foster parent in 2008 when my daughter went away to college and my husband was traveling and I needed someone to cook and care for. I called the Woodbourne Center and I took their classes and it was so rewarding."

Her commitment to the children in her care is unwavering. She says, "When you take on so many kids and they may be with you for maybe two years and you're constantly caring for them, even after they've aged-out of the program. The thing you have to remember is that they didn't have the resources when you got them, and you are their primary resource when they leave. They become family, so you continue to help."

It's hard for many foster parents to let go of a child, especially when they may end up entering the criminal justice system.

She states, "You just don't have a lot of time to work with them. But, Woodbourne is awesome in the way they train you to be a foster parent. There's really no book on how to raise a child, but Woodbourne is available to you 24 hours a day, seven days a week."

The important thing about being a foster parent is opening your home to a child who needs help finding their way. Ms. Hawkins says, "You make lifelong connections with the children. You are a parent for life."

PART OF SOMETHING BIGGER

A study conducted by Johns Hopkins Center for a Livable Future, in collaboration with the Baltimore Food Policy Initiative, found that one in four of the Baltimore's residents live in so-called "food deserts" with limited access to healthy foods.

Students from the Woodbourne School volunteered to install food pantries and build a community garden to make fresh foods available to more people through Baltimore's Little Food Pantry Collaborative. Students worked in conjunction with the Glenwood Life Counseling Center.

Precious Fraling from Glenwood Counseling Center is excited to offer meals to people in need. "People who are homeless, they'll be able to come over to the little pantry house and they'll get one bag of food. What we would have in the summertime are fresh vegetables, it will have a pop top canned good, a spoon, a fork, a napkin and they will be able to have one night's worth of food."

Woodbourne students take great pride in their work and enjoy the experience of giving back. They helped install ten pantries throughout the summer of 2018 to decrease the gap of healthy foods in Baltimore's food deserts.

"The students felt as though they wanted to be able to present something back to the community," said one of the Woodbourne teachers. "This is one of the ways they feel as though they can integrate themselves back into the community and make a difference."



TOGETHER we gave back

The city of Baltimore is full of giving hearts and organizations who want to give back. Every volunteer that comes to our campus or provides an opportunity for the youth in our care, makes a huge impact on someone's day, their week, or even their life.

STUDENTS WORKING TOGETHER

In 2018, our youth experienced a variety of generosity from Woodbourne's community. They had the opportunity to give back in collaboration with student volunteers from Towson University as part of Project Serve.

Project Serve is a community service initiative where Towson University students flood the Baltimore community to give back over the course of three days. Students joined Woodbourne for the fifth consecutive year, hosting an annual car wash in our campus' driveway. Together, the kids raised \$120 to go toward program activities.

A LEGACY OF IMPACT

Under Armour, a retail company headquartered in Baltimore, selected Woodbourne as part of their "Armour Day" an annual day of volunteering locally.



The Corporate Real Estate department at Under Armour and other selected employees chose to give back to Woodbourne in honor of a recently passed colleague, David Scruggs. Scruggs spent much of his time mentoring troubled youth, providing them with career advice, leading them in activities, and being a positive influence in their lives. Scruggs' passion for helping youth inspired the Under Armour staff to make a difference for the youth at Woodbourne who are often needing positive relationships and influencers in their life.

The volunteers spent the day playing board games and dodge ball and creating special art projects. Under Armour hosted a cookout for Woodbourne youth and staff to close out the day with Scruggs' family so they could see the impact he continues to make.

MINDFULNESS MATTERS

In 2018, The Charles Crane Foundation awarded Woodbourne Center a \$20,000 grant to provide Yoga Mindfulness Training to youth and staff.

Woodbourne Center used these generous funds in conjunction with Holistic Life Foundation, an organization that specializes in trauma-informed yoga and mindfulness practices for youth from underserved communities. The trauma-informed program is a perfect tie to Woodbourne's own clinical work through our organizational practice principles.

Holistic Life Foundation not only led training on campus, but they trained our staff in learning the biology, movements, breaths, and postures so they can infuse yoga and mindfulness into everyday work with the youth. The goal is to be able to offer this program to families so the benefits can carry on well after a youth leaves treatment.

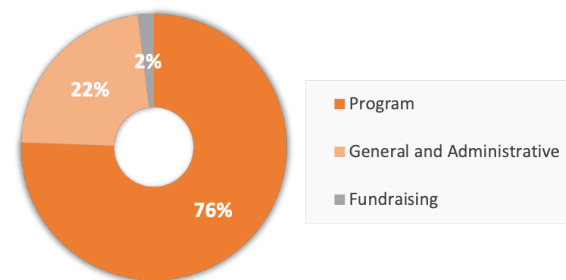
The results of the program included:

- Staff felt more creative in responding to negative behaviors.
- Behavioral incidents decreased significantly.
- Youth are learning to use their breath to manage anger.
- Staff have youth meditate and take time for themselves when they are struggling, teaching them how to emotionally regulate.



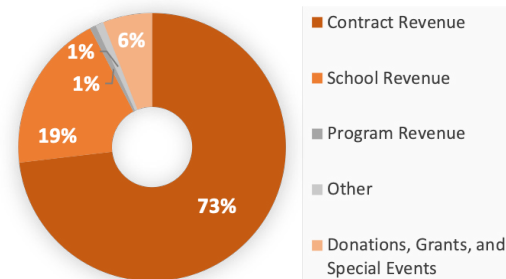
TOGETHER we can change lives!

WOODBOURNE CENTER FUNCTIONAL EXPENSE ALLOCATION



PROGRAM	GENERAL & ADMINISTRATIVE	FUNDRAISING	TOTAL
\$9,075,549	\$2,702,413	\$233,837	\$12,011,799
76%	22%	2%	

WOODBOURNE CENTER FUNDING BY SOURCE



CONTRACT REVENUE	SCHOOL REVENUE	PROGRAM REVENUE	OTHER	DONATIONS, GRANTS, EVENTS	TOTAL
\$8,581,251	\$2,250,869	\$87,526	\$114,245	\$698,031	\$11,731,922
73%	19%	1%	1%	6%	

The operating activities of Woodbourne Center are not included in Nexus' Consolidated Financial Statements as the entity has a different fiscal year from Nexus. Graphs reflect data from the Woodbourne Center fiscal year ended June 30, 2018.

Today, we know that many children are feeling the lifelong effects of emotional and physical trauma on their mental health. With your help, Woodbourne Center can continue to expand our services and build innovative programs to respond to the growing need for resources to help stabilize families and support mental health for children.

As Woodbourne Center is able to provide care and healing to more people, you will start seeing a difference in your community. That difference may be in the way mental health is perceived, the way care is delivered, or a change in the actions of your neighbors.

We hope to see less violence, fewer suicides, decreased child abuse and neglect, and start seeing more support, more hope, and more success. **Together, we can change lives.**

Your philanthropic investment will:

- Support the Mental Health Workforce
- Create Alternative Education Experiences for a Child's Lifelong Success
- Provide Family Healing and Support during Foster Care
- Increase Access to Mental Health Treatment
- Provide Opportunity for Increased Family Stability, Safety, and Well-Being

Thank you to everyone who donated their time, gifts, and money in 2018 to help Woodbourne Center stabilize families and strengthen mental health.

www.woodbourne.org

WOODBOURNE CENTER BOARD

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President & CEO, Nexus

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Allegis Global Solutions

Greg Sanders
Professor, North Dakota State University

Join our mission!

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- Volunteer
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- Work with Us
- Be an Advocate



WOODBOURNE X CENTER

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Baltimore, MD 21239
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www.woodbourne.org



Woodbourne Center is an affiliate of Nexus, a 501(c)(3) nonprofit organization, that strives to stabilize families and strengthen mental health through providing community mental health services, foster care and adoption resources, and residential treatment.

NEXUS

Nexus in Illinois

INDIAN OAKS X ACADEMY

ONARGA X ACADEMY

Nexus in Maryland

WOODBOURNE X CENTER

Nexus in Minnesota

GERARD X ACADEMY

KINDRED FAMILY X FOCUS

MILLE LACS X ACADEMY

NEXUS X GLEN LAKE

Nexus in North Dakota

PATH X NORTH DAKOTA



F F T A
Foster Family-based
Treatment Association



Nexus is a national nonprofit, 501(c)(3) organization, that serves children, youth, and families through Community Mental Health Services, Foster Care/Adoption, and Residential Treatment Programs. Nexus, Gerard Treatment Programs, LLC, Kindred Family Focus, and Woodbourne Center, Inc., and PATH North Dakota, Inc. are each separate legal entities, organized or treated as nonprofit organizations under their respective State's law, and qualified for state and federal tax exemption under Section 501(c)(3) tax-exempt status of the Internal Revenue Code. Mille Lacs Academy, Indian Oaks Academy, Onarga Academy, Nexus Glen Lake programs are not separate entities, but rather programs operated directly by Nexus with an underlying adherence to the Nexus Cornerstone Values and Guiding Principles.